



# Sedentary Behavior, Depression, and BMI in Older Adults with Chronic Pain

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## Background

- Fibromyalgia (FM): chronic musculoskeletal pain, fatigue, poor physical functioning, poor mental health
- Symptoms found in ~ 2-7%; prevalence increases with age, >7% in women 60-79 years
- FM often concurrent with other ailments (e.g., arthritis, lupus, irritable bowel syndrome)
- Significant relationships between:
  - Chronic pain and sedentary behavior
  - Chronic pain and obesity
  - Chronic pain and depression
  - Sedentary behavior and depression
- Current study evaluates the relationship between FM, depressive symptoms, BMI, and sedentary behavior
- Hypothesis: individuals with FM will have higher sedentary behavior scores, higher BMI and greater depressive symptomology than those without FM

## Method

- 2016 cross-sectional data derived from ongoing longitudinal study
- $N = 71$ ,  $M_{age} = 67.4$ , 77% female, 54% FM
- Participants completed psychological and physical assessments

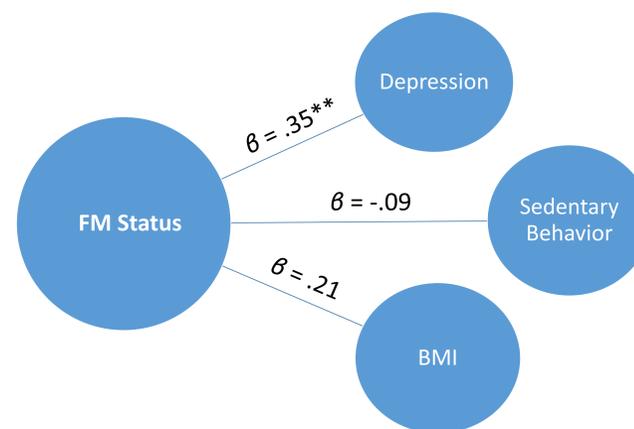
## Measures

- Demographics (Age, Gender, Education)
- Beck Depression Inventory II
  - 21-item self-report inventory measuring the severity of depression in adolescents and adults
- Sedentary Behavior Questionnaire; SBQ
  - 18-item self-report questionnaire measuring length of stationary activities done on a typical weekday and a typical weekend day
- Body Mass Index; BMI
  - Calculated by height and weight

## Analysis

- Series of linear regression analyses (controlling for age and gender)

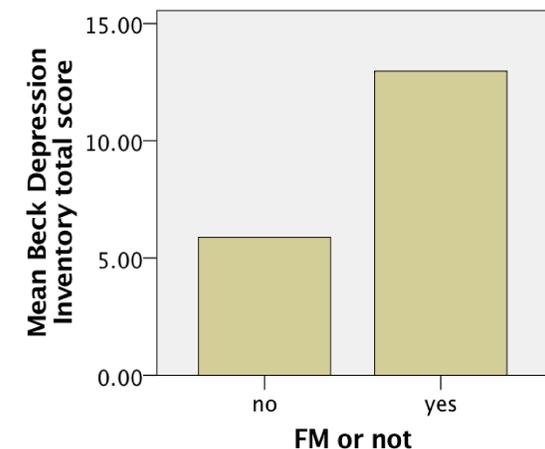
FM Status Predicting BMI, Depression, and Sedentary Behavior ( $N = 71$ )



\*\*  $p < .01$

## Results

- FM status only predictive of depressive symptoms ( $p < .01$ )



- Neither BMI nor sedentary behavior varied by FM status, after controlling for age and gender

## Conclusions

- Findings contrary to expectations
- Results likely explained by methodological considerations
- Selective attrition in larger longitudinal study could be responsible for healthier FM participants and the consequential null results

## Future Research

- Continued longitudinal study and cross-comparison of results
- Use activity trackers in combination with SBQ to compare self-report and performance measures